

4th GRADE SKILL CHECKER

4 th GRADE	DATE COMPLETED
2&3 PLUS Sportsmanship	
EXPOSE players to many positions	
<u>Blocking</u>	
-angle blocking	
-double team	
<u>Tackling - Shed blocks</u>	
Pursuit angles	
Swim Technique	
Defeating double teams	
Open field technique	
<u>Running backs:</u>	
1 st steps footwork	
<u>QBs</u>	
3 step drop	
<u>Defense:</u>	
6-2 Required	
Basic keys	
Gaps	
<u>Offense</u>	
Basic running plays: Iso, Dive, off tackle counter	
Basic pass play(s) 1-2	
<u>Special teams:</u>	
Kick off	
Kick Return	
Punt (snap only)	